

Neglected Colds bring Pneumonia

CASCARA QUININE

The old family remedy—in tablets form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

Eat Them Quickly.

One storage egg, at 12 cents, is the weekly egg ration of Berliners. The papers state that as a large part of the eggs from which this modest ration is derived are products of the refrigerator, buyers are urged to "fetch them promptly and consume them without unnecessary delay."

Dr. Perry's "Dead Shot" not only expels worms or tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose sufficient. Adv.

Meant Business.

She—I like the way the men had of talking in the days of old when knights were bold.

He—How did they talk?

She—They had a habit of saying "Ah, marry, will I!"

A DAGGER IN THE BACK

That's the woman's dread when she gets up in the morning to start the day's work. "Oh! how my back aches." GOLD MEDAL Haarlem Oil Capsules taken today ease the backache of tomorrow—taken every day ends the backache for all time. Don't delay. What's the use of suffering? Begin taking GOLD MEDAL Haarlem Oil Capsules today and be relieved tomorrow. Take three or four every day and be permanently free from wrenching, distressing back pains. Be sure to get GOLD MEDAL. Since 1896 GOLD MEDAL Haarlem Oil has been the National Remedy of Holland, the Government of the Netherlands having granted a special charter authorizing its preparation and sale. The housewife of Holland would almost as soon be without bread as she would without her "Red Dutch Drops," as she quaintly calls GOLD MEDAL Haarlem Oil Capsules. This is the one reason why you will find the women and children of Holland so sturdy and robust.

GOLD MEDAL are the pure, original Haarlem Oil Capsules imported direct from the laboratories in Haarlem, Holland. But be sure to get GOLD MEDAL. Look for the name on every box. Sold by reliable druggists in sealed packages, three sizes. Money refunded if they do not help you. Accept only the GOLD MEDAL. All others are imitations. Adv.

Kaiser Eats War Food.

War menus recently figured on the Kaiser's table, for he is reported to have entertained the chancellor, Von Hindenburg, and Von Ludendorff to vegetable soup, pudding and cheese.

Catarhal Deafness Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the System. Catarhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed it has a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the mucous surfaces. ONE HUNDRED DOLLARS for any case of Catarhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists & Co. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Plenty of It.

She (acidly)—Talk is cheap.

He (mournfully)—I suppose that is why there are no speechless days.

Important to Mothers.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Chinese Bells.

Chinese and Japanese bells are clapperless and are never swung, their tones being produced by striking them with wooden mallets.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ½ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Red Cross Canteen Service.

The number of men now being served by the American Red Cross canteens throughout France has passed 15,000 a day, and with facilities being rapidly extended, it is expected that the daily service will be doubled within a month.

A postal card to Garfield Tea Co., Brooklyn, N. Y., asking for a sample will repay you. Adv.

Vanity is Happiness.

The vainest one is the happiest one. Women can be happy on very little reality until they lose their good looks.

The girl who doesn't marry an army man these days gets but a meager press notice.

ASTHMA

There is no "cure" but relief is often brought by—

VICK'S VAPORUB

Keeps a Little Body-Cooler in Your Room

Bowser Would Lecture But Mrs. Bowser, As Usual, Spoils His Scheme

(Copyright, 1917, by the McClure Newspaper Syndicate.)

Mr. Bowser paced the floor seemingly in profound thought, though now and then he glanced at Mrs. Bowser in a furtive sort of a way.

He wanted to ask her something, but was a little afraid to. She finally helped him out by remarking:

"You seem to be a little nervous tonight, Mr. Bowser."

"Well, it is not exactly nervousness," he replied as he took a seat, "but I have had a great opportunity offered me today, and, perhaps, it is better we talk it over a bit."

"Of course it is. If you have had a great offer it will affect me as well as you. What is it?"

"It is to go lecturing," he blurted out in a kind of desperate way. "A professor named Childhammer was in the office today, and after hearing my voice and noting how clearly I announced every word, he said that a great field waited for me."

"He meant that the public were waiting for a lecture from me, and he said with him as my agent I could clear a thousand dollars a week."

"Yes, as a lecturer you would no doubt be a great success," remarked Mrs. Bowser, "but, of course, it would depend somewhat upon the nature of the lecture. What do you propose to call it?"

"The Force of Will Power," my dear. And I think that is a great title. It covers the whole ground. I think you will agree with me, Mrs. Bowser—I think you will."

"And men will go home from the lecture with wills to be great and they will become great?" queried Mrs. Bowser.

"That's it—that's just it. They can't be great in a minute, of course, but force of will will eventually lead up to it."

"But how do you know you can influence other minds?"

"Well, I expected that question, and am prepared to answer it. Suppose you sat in the audience and I was lecturing. I influence you to do this or that and you instinctively obey. You feel my will power and your own will becomes as naught."

"I don't know about that," said Mrs. Bowser, in a doubtful way. "You had best try your scheme around the house, before you take it before the public."

"That's what I wanted to do," replied Mr. Bowser. "If I can influence you and the cook, I can influence others. I don't propose to influence every man in my audience, but I think I can influence eight out of ten of them. If I can, and there is not the slightest doubt in my mind, the scheme will be a great one, won't it?"

"It certainly will, Mr. Bowser. Go ahead with your influence."

"That is something like a true and loyal wife. Now, then, I look fixedly

in it that he was red in the face. He looked at her in an angry way, and exclaimed:

"Mrs. Bowser, you are fighting against my will and trying to defeat me!"

"No, I am not," she replied. "I clearly felt your will that I should play the piano, and I played. I didn't want to play, but your will made me play. Don't be discouraged, dear. You have got a good thing if you will stick to it a little longer. Now tell me to do something else."

Mr. Bowser told her. He told her to go and sit in a chair, a few feet away. Instead of doing so, she began to waltz around the room, and, once in a while, she gave a modest, but



"She Gave It a Kick."

rather high kick, something he had never seen her do before in his whole life.

"Stop!" he shouted. "By George, woman, don't think to baffle me in this way, for I tell you I won't stand for it!"

"But you told me to waltz and kick," she protested. "I never should have done it in the world except that your will was stronger than mine. It seemed as if I heard you say the words that set me waltzing. I am a little afraid your scheme has lost a wheel somewhere. Let us try it again."

"Not by a darned sight!" was roared. "I might have known better than to talk with you about it! I ought to have got ready and gone right out without a word to you, but I'll be hanged, woman, if I allow you to beat this game! I am now going to call up the cook, and see if she has got brains enough to know what force of will is!"

He turned his head away, and, for a long minute, he exerted himself, like a man trying to think he hasn't got the toothache, when he has it the worst kind, and then a smile crossed his face, as he heard the cook clattering upstairs. She looked in at the door, and said to Mrs. Bowser:

"Oh, ma'am, I wanted to tell you that we haven't any butter for breakfast."

Mr. Bowser had willed her to come upstairs and say that her mother was dying and she must go home for the night. He hadn't even thought of butter, and he didn't care a bit whether they had any butter for breakfast or not. He turned his head to find Mrs. Bowser smiling at him, and he rose up, intending to say some long, hard



She Began to Waltz Around the Room.

at you, and will you to do something. You hesitate two or three seconds, and then you do it."

There was a bootstool near Mrs. Bowser, and she gave it a kick and upset it, and cried out:

"You willed me to do that thing, and I have started out with great success. Keep it up."

Mr. Bowser had willed her to raise her right hand to her brow, and he couldn't see where the success came in. Perhaps he had not exerted will power enough. After a moment he tried again. Mrs. Bowser rose up and turned about and made a horrible jangle on the keys of the piano, and when she turned to him there was a glad smile on her face, as she exclaimed:

"Success Number two. Mr. Bowser, you surprise me. You surely will go lecturing and make your thousand dollars a week, and I can order blue-white diamonds tomorrow."

Mr. Bowser had willed that she go over and look at the clock on the mantel, and he had put so much force

words, but he changed his mind and went down the hall and put on his hat.

"Are you going to tell that peddler, who is shouting so loud, to stop his noise?" asked Mrs. Bowser.

But there was no answer from Mr. Bowser. He walked calmly over to the drug store. On the way over he willed that the druggist should greet him with, "Hello, Bowser, I was in hopes you would come in this evening."

Mr. Bowser entered the store. The druggist sat in a chair alone. He frowned at sight of the caller and growled out:

"I was just thinking you would show your carcass in here tonight. It is just the night for jackasses to roam around!"

Mr. Bowser turned and went out. His force of will carried him back home, where he took a seat on the steps, and there Mrs. Bowser found him nodding with sleep an hour later. Mr. Childhammer will be informed that Mr. Bowser will not take the lecture platform next winter.

THE KITCHEN CABINET

I remember the black wharves and the ships
And the sea-tides tossing free,
And the Spanish sailors with bearded lips,
And the beauty and mystery of the ships,
And the magic of the sea. —Kipling.

INEXPENSIVE GOOD THINGS.

A little leftover oatmeal if molded may be cut in slices and fried. If a piece or two of bacon or a little meat or sausage is added to it before putting it in the mold it will make a more nourishing dish and one which may take the place of meat.

Chicken en Casserole.—Prepare a small fowl as for stuffing. Remove legs and wings. Bone the legs and stuff them with the following: Chop the cooked chicken liver, a half cupful of ham and six blanched chestnuts. Mix with a cupful of bread crumbs a half cupful or more of milk, two egg yolks. Season to taste with nutmeg, thyme, marjoram, salt, parsley and onion juice. Roll the fowl after stuffing in flour and brown in the pan; place in a casserole, add two carrots, two onions and a half cupful of uncooked rice with a pint of water. Simmer one or two hours.

Indian Delight.—Cook a half pound of spaghetti in boiling salted water. Chop one small onion, one clove of garlic, a green pepper fine and fry in half a cupful of olive oil until the onions are golden, then add a cupful of condensed tomato, one and a half teaspoonfuls of salt, cayenne and paprika to taste, a half teaspoonful of Worcestershire sauce. When thoroughly heated stir in a half cupful of cheese. When melted add the spaghetti and a half a can of corn and lastly a half pound of hamburger steak, softened with cold water to prevent its cooking in lumps. Stir over the fire for five minutes and turn into a baking dish. Sprinkle with grated cheese and bake 20 minutes.

California Pudding.—Take a cupful each of raw potato ground, a carrot and apple, also ground, a cupful of brown sugar, a cupful of raisins, a cupful and a quarter of flour, a teaspoonful of cinnamon, a half teaspoonful of cloves and a teaspoonful of soda stirred into the potato. Cream a half cupful of shortening with the sugar, dredge the raisins with a little flour. Mix and steam three hours. Serve hot with hard or liquid sauce.

Think that Washington is slow
Saints above!
Want to get 'em on the go?
Want to shove.
Want to help for woe or weal?
Listen, Bub:
Put your shoulder to the wheel
Not the hub.

—McLandburg Wilson.

SEASONABLE GOOD THINGS.

A thick cut of round steak makes a most appetizing dish cooked in a casserole. Wipe the steak and broil it for two minutes on each side to sear the meat and hold in its juice. Transfer it to a stone-covered dish, add one pint of Spanish sauce, one cupful of small onions which have been lightly browned in hot fat and four tablespoonfuls of any canned fruit juice or a little grape jelly. Cover and cook in a moderate oven for an hour and a quarter. Add one cupful of potato balls, which have also been browned, and send to the table in the casserole.

Spanish Sauce.—Cook together for ten minutes two tablespoonfuls of sweet fat, two of chopped onion, two of chopped carrot and one tablespoonful of chopped celery. Add two tablespoonfuls of flour and cook until a rich brown; add one pint of rich clear stock and stir until thick and smooth. Add one tablespoonful of chopped ham, one bay leaf, two cloves, a sprig of parsley, a blade of mace and salt and pepper to season. Simmer very slowly for two hours; add one tablespoonful of gelatin soaked in a quarter of a cupful of soup stock until soft; simmer for 15 minutes longer, skim and strain.

Combination Rarebit.—Take three-fourths of a cupful of grated cheese, half a pound of spaghetti cooked until tender, one cupful of minced cooked ham, two tablespoonfuls each of sweet fat and flour, a cupful of milk, three-fourths of a teaspoonful of salt and one-eighth of a teaspoonful of pepper, a half cupful of dry crumbs mixed with two tablespoonfuls of ham fat. Butter a casserole. Melt the fat and add the flour and seasonings, then the milk and cheese, allowing the cheese to melt. Put a layer of spaghetti in the casserole, sprinkle with ham, add some sauce, continuing until all is used, having the crumbs on top. Bake 15 minutes in a hot oven. The proportions of ham, spaghetti and cheese may be varied to suit the amount of leftovers.

Cauliflower Soup.—Select one good head of cauliflower. Wash and pick it apart, drop into a kettle of boiling water, add a teaspoonful of salt after a few minutes and cook thirty minutes. Drain and add to the water one pint of milk, a teaspoonful of scraped

onion and a bay leaf. Mix together two tablespoonfuls each of flour and butter and when well cooked, add to the milk, cook five minutes, add the cauliflower and serve.

Just doing right—not striving to be great
Or wise or rich or seeking noble fate:
Just being good and generous and brave,
Just trying how humanity to save—
Ah! that's the way to live!

GOOD THINGS FOR THE TABLE.

Try this good and inexpensive cake. As we are conserving on sugar, it seems to be the good custom to go without frosting on our cakes:

Inexpensive Cake.—Beat to a cream five tablespoonfuls of sweet fat of any kind, add a cupful of sugar and an unbeaten egg yolk. Mix well one and two-thirds cupfuls of flour with two

teaspoonfuls of baking powder, a dash of salt; add this mixture to the sugar and egg mixture alternately with a half-cupful of cold water, beating very thoroughly, then fold in the egg white and bake 45 minutes in a moderate oven. If this cake is well-beaten and carefully made it will have a fine texture.

Ginger bread, hot and fresh, with cottage cheese and apple sauce makes a most satisfying dessert.

Marshmallow Rice Pudding.—Take cold boiled rice and add sugar, spices or flavoring, with a beaten egg and milk for an ordinary rice pudding. Then place on top a dozen marshmallows which have been soaked in milk for three hours, and bake until a light brown.

Apple Omelet.—Mix a tablespoonful of flour into a smooth paste with one-third of a cupful of milk; add a quarter of a teaspoonful of salt, a teaspoonful of sugar and a tablespoonful of sweet fat, melted, with four well-beaten eggs. Pare, core and chop four large apples, melt a tablespoonful of fat in a frying pan and, when very hot, turn in the apples, stir and cook until slightly soft. Pour over the flour, egg and milk mixture and shake well, lifting the edges to prevent scorching and to cook evenly. When the eggs are set, dust with sugar and roll out on a hot platter. Set in the oven on the grate, or under the gas flame to brown the top.

Pimento and Cheese Entree.—Take six canned red peppers, salt the insides, after draining; fill with a cupful of sharp cheese, grated; set on rounds of toast, pour the pimento liquor around the toast in a pan and bake just long enough to melt the cheese.

To have meat we must use more poultry, rabbits and especially fish and sea foods, perishable meats like kidneys, liver and sweetbreads, in place of beef, mutton and pork.

SEASONABLE DISHES.

With eggs as high in price as they are it seems expedient to plan our meals without much reference to them. They are so nourishing that when possible, especially when one has children they should be used in various ways occasionally to add variety to the diet and furnish the growth determinant which is found in egg yolk and so necessary for bodily well-being.

Southern Rice Bread.—Put two cupfuls of boiled rice in a bowl, add two cupfuls of milk, and the yolks of four well beaten eggs. Sift in gradually, one cupful of flour, add a half teaspoonful of salt, two tablespoonfuls of melted shortening, and the whites of the eggs beaten to a stiff froth. Turn into a shallow well greased pan and bake 45 minutes in a moderate oven. A half cupful of rice may be added to almost any muffin, gem, or griddle cake batter.

Almond Milk Soup.—Take a half a pound of rice, wash well and put into a double boiler with a quart of milk, add one-half teaspoonful of salt and let it cook slowly until every grain is tender and swelled to double its original size. While the rice is cooking, shell and blanch a half pound of almonds, chop them very fine, or grind in a meat chopper, then pound in a mortar, add a few drops of milk at a time (using three or four tablespoonfuls, it will make the nuts less oily). When the paste is smooth, add it to three pints of milk and simmer for thirty minutes. When the rice is done turn it out carefully into the soup tureen, then pour over it the almonds and milk.

Nellie Maxwell

No Woman Auctioneer.

Although there is no record that a woman has ever been an auctioneer, it is on record that in May, 1912, the mayor of New York, Mr. Gaynor, answered an inquiry addressed to him by a woman by saying that there was nothing in the law to prevent a woman from becoming an auctioneer. Strange enough, it was a milliner who made the inquiry.

TO RESIST THE ATTACK

of the germs of many diseases, such as Grip, Malaria, means for all of us—fight or die. These germs are everywhere in the air we breathe. The odds are in favor of the

germs, if the liver is inactive and the blood impure.

What is needed most is an increase in the germ-fighting strength. To do this successfully you need to put on healthy flesh, rouse the liver to vigorous action, so it will throw off these germs, and purify the blood so that there will be no "weak spot," or soil for germ-growth.

We claim for Dr. Pierce's Golden Medical Discovery that it does all this in a way peculiar to itself.

It cures troubles caused by torpid liver or impure blood.

HARRIS STATION, OHIO.—"During part of October and November last I was very much out of vigor and strength. Excessive duties had reduced my vitality until I could scarcely do my chores, much less the labor so much needed on the place. I was nervous, dizzy and weak, had pain in back and hip, general soreness of the muscles, etc., but I felt certain it was only a run-down condition and I knew the effective qualities of Doctor Pierce's Golden Medical Discovery Tablets so I got a small box and took them, getting quick and wonderful relief. I got the second box at my drug store but did not use all of it because I did not feel the need. Now I can work with ease and pleasure. I most heartily and cheerfully recommend the 'Discovery.'—W. A. ROBERTS, R. F. D. 1.

REYNOLDSBURG, OHIO.—"We have used Doctor Pierce's medicines in our family for over forty years and found them very satisfactory for all troubles for which they are recommended. We have found Doctor Pierce's Pleasant Peppermint one of the best things to regulate the bowels."—L. W. TUSING.

Merely Lazy.

The town clerk, sitting at his desk at the city hall, mused London Tit-Bits, was asked by a lady if she might use the telephone. Upon leaving she put a threepenny-bit on the desk.

"There is no charge, madam," said the clerk.

"Oh, but you must take it," said the lady.

"I'd rather not," said the clerk, very seriously. "You see, if I accept this money it becomes the property of the city. I must then make a report of it to the auditor; he must report it to the treasurer, who will take the money. Then there will be other lengthy reports about it; and in all the acceptance of this threepenny-bit will entail about two pounds' worth of work. Do me a favor and take it back."

"You are very kind," said the lady. "Not at all," said the clerk. "I'm only lazy."

Self Deception Easy.

Nothing is more easy than to deceive one's self, as our affections are subtle persuaders.—Demosthenes.

Brooklyn, N. Y., in November spent \$1,619,300 on new buildings.

St. Paul is expanding toymaking industry.

Mother Gray's Powders Benefit Many Children

Thousands of Mothers have found MOTHER GRAY'S SWEET POWDERS an excellent remedy for children complaining of Headaches, Colds, Constipation, Feverishness, Stomach Troubles and Bowel Irregularities from which children suffer at this season. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by Mothers for 31 years. Sold by Druggists everywhere, 25 cents Trial package FREE. Address, THE MOTHER GRAY CO., Le Roy, N. Y.

Dr. Kellogg's Asthma Remedy

for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.

Northrop & Lyman Co., Inc., Buffalo, N. Y.

DRAIN TILE

IF YOU OWN A LITTLE FIELD FOR THE LAND'S SAKE DRAIN IT WELL TO MAKE IT YIELD

LET US SUBMIT PRICES CINCINNATI CLAY CO. UNION TRUST BUILDING CINCINNATI, OHIO

SALESMEN Wanted to Sell Our West Virginia Grown Nursery Stock

Five canvassing outfits FREE. Cash Commission Paid Weekly. Write for terms. Our Nurseries were grown in Ohio for more than 40 years, and much of our stock is grown and sold there now.

THE GOLD NURSERY COMPANY, Mason City, Mason County, West Virginia.

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

W. N. U., CINCINNATI, NO. 2-1918.